

AMENDMENTS TO THE CLAIMS

Please **CANCEL** claims 1-39 as shown below.

Please **ADD** new claim 40 as shown below.

The following is a complete list of all claims in this application.

Claims 1-39 (Cancelled)

40. (New) A green carbon foam comprising a density ranging from about 0.1 g/cm³ to about 0.8 g/cm³ and a compressive strength below about 6000 psi, manufactured by the process comprising:

heating high volatile bituminous coal particles exhibiting a free swell index ranging from about 3.5 to about 5.0 at a rate in the range of about 1°C/minute to about 20°C/minute to a temperature ranging from about 300°C to about 700°C in a pressure controlled reactor, under a pressurized non-oxidizing atmosphere having a pressure from about 50 psi to about 500 psi; and
controllably cooling said green carbon foam at a cooling rate of less than about 10°C/minute to a temperature of about 100°C.